

## PRINCIPLES OF REIKI<sup>1</sup>

*Just for today  
Let go of anger  
Let go of worry  
Be grateful  
Work on your self  
Be kind to all*

### **What is reiki?**

Reiki (properly pronounced "lay-key" as it is a Japanese word – the characters for it are on the cover of this brochure) is a system for healing and spiritual growth. This system originated in Japan and was created by Mikao Usui in the 1920s, after he had a *satori* (spiritual epiphany). Since that time, reiki has spread world-wide and is practiced by persons of many different spiritual paths or faiths (or not). Different styles of reiki are now taught, but all are essentially the same and have the same objective - to aid in healing and spiritual growth.

Reiki is an energy, and you can learn to use this energy for your own healing and spiritual growth, as well as helping others heal. Reiki as a system has been compared to touch therapy. Reiki may have adopted some ideas and practices from *qi gong*, and consequently has similarities to Oriental martial arts (which also have some similarities to qi gong).

***Why study and become attuned to reiki?  
(For more information about attunements,  
please see my website.)***

If you have never heard of or read about reiki before, you may be wondering why you should study and become attuned to reiki as opposed to just getting treatments. While some people find getting treatments to be beneficial, some may actually want more than just occasional treatments with reiki. The primary reasons in most cases are simply that people want to learn the system of reiki healing (to treat themselves or others) or simply that they are seeking spiritual growth and enlightenment. Although there are no guarantees that becoming attuned to reiki will bring enlightenment, many people have reported experiencing life changes of some kind after having studied reiki. This will vary from person to person.

If you have had reiki treatments before, then you are already aware of the benefits of reiki treatments. (Please see my brochure on treatments called "Reiki – a Path to Healing".) The benefits from studying and becoming attuned to reiki can be greater than from receiving treatments, but in a different way. Although reiki treatments can help heal, studying and becoming attuned to reiki can help further your spiritual growth (and still heal). Treatments do not necessarily further your spiritual development – they can only heal spiritual blockages. Becoming attuned to reiki is not something to be taken lightly as it can cause drastic and profound changes in a person's life. Whether these changes will be positive depends on how ready the person is for the changes. Many who have studied and become attuned to reiki have found it to be an enriching experience or, at the very least, something interesting that they learned.

With studying and becoming attuned to reiki comes responsibility, not just for yourself but for others (especially if you intend to give treatments to others or intend to teach others). This responsibility should not be taken lightly.

Of course, you can simply study reiki, not become attuned to it, and never use it – that is totally up to you.

### **Why take this program of reiki?**

While all reiki programs are fundamentally the same and have the same objective, some are more focused on healing other people than on your own spiritual and personal growth. The material taught in some reiki classes focus primarily on giving treatments. In this reiki program, the emphasis is on your spiritual and personal growth. The ability to heal others with reiki is a consequence of this spiritual growth. You will, of course, be taught how to give treatments to others and yourself. In this reiki program, you will learn how to develop your abilities so that you can use them more effectively for healing others and yourself.

This reiki program consists of what is considered to be the core of Western reiki. On top of that, I teach a Japanese style of practicing reiki. Although Western reiki has its roots from Japanese culture, it did not adopt all of the Japanese teachings – a few got lost in the transition from Japan to North America. In fact, Western reiki is modified from what was (and is currently) taught in Japan. These "lost teachings" are incorporated into this reiki program in an attempt to teach a style of reiki similar to what Usui likely intended to teach before he died.

Additionally, I teach the basics of a few other healing modalities that work well with reiki – colour therapy, crystal work, and aromatherapy. You may choose to study these modalities in more depth after the reiki course.

I also teach in my level two course some martial arts breathing techniques that work well with reiki as they have a similar origin.

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<sup>1</sup> The principles of reiki are part of a meditation used by a reiki practitioner. The above is one translation of the reiki principles, which were written originally in Japanese.

They are quite simple techniques that can be learned without any prior martial arts training.

### **Who should take this program of reiki?**

If you are interested in reiki and really want to study it, you can. If you want to learn reiki for healing, you should take this program. If you want to learn reiki for spiritual growth, you should take this program. If you are simply curious about reiki, you should take this program. This program will open you to many possibilities.

If you have already studied reiki before, you are encouraged to take this program. It will be different than most reiki programs currently being offered in North America (and especially in Toronto, Canada). This is not to say that this program is better, only that it is different. It is a unique program of reiki based on my own personal studies and spiritual path. Like Usui, it is my desire to share what I have learned with you and others.

### **How many levels of reiki do you teach?**

I teach three levels of reiki. This format of teaching reiki provides for the opportunity to compare Western reiki with the Japanese style of reiki. You will receive a manual in each of the three levels. Please note that I do not teach levels one and two together as a weekend course because of the amount of information that is taught and given.

Level one in this program is called *shoden*. It is the beginning level of reiki, and teaches the foundation for reiki. Four attunements are given at this level. *This is a twelve-hour course and is taught in two or three days.*

Level two in this program is called *okuden*, which means "inner teachings". This level builds on the first level. One attunement is

given. *This course is fourteen hours, and is taught in two or three days.*

Level three is called *shinpiden*. It will deepen your understanding of reiki, and will train you to teach reiki. *This course is sixteen hours, and is taught in two, three, or four days.*

***Please see my website for full course descriptions and scheduled dates and times. Please contact me if you would like to register for a course.***

### **Contact Information**



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